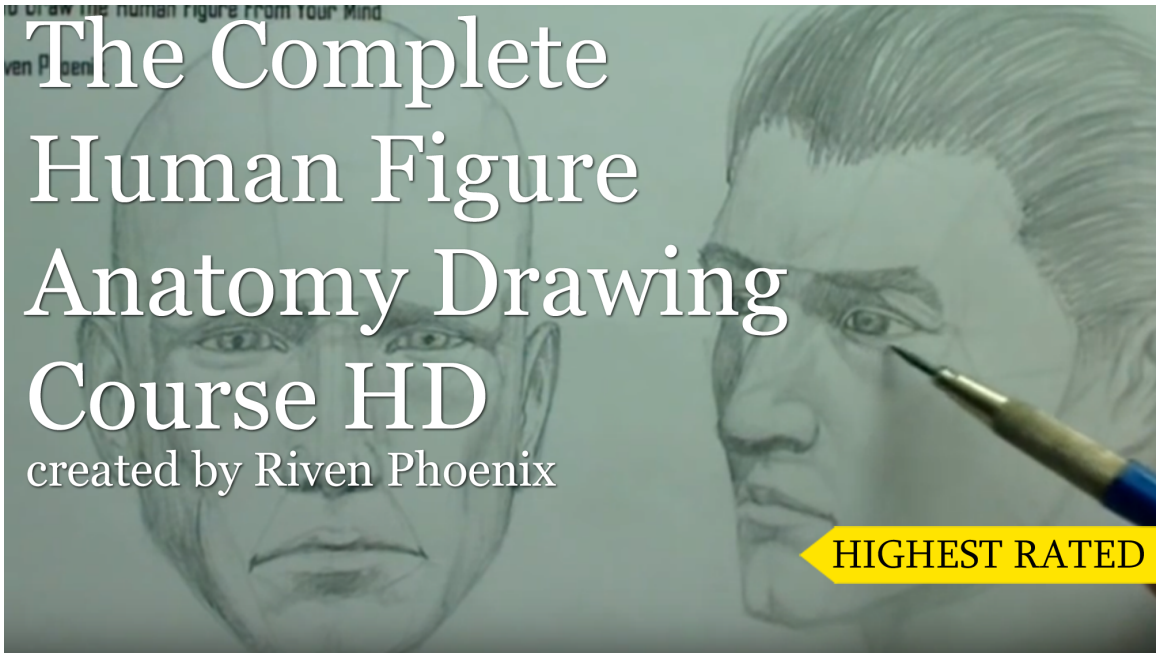


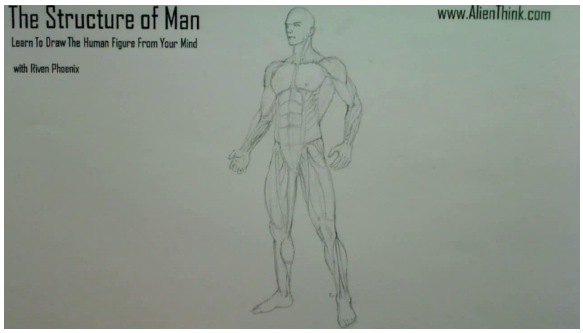
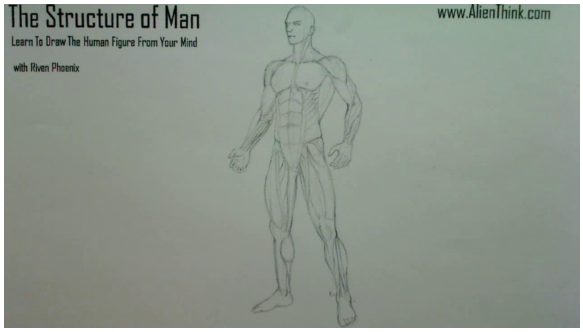
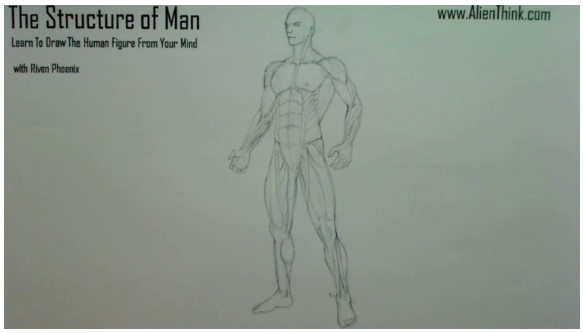
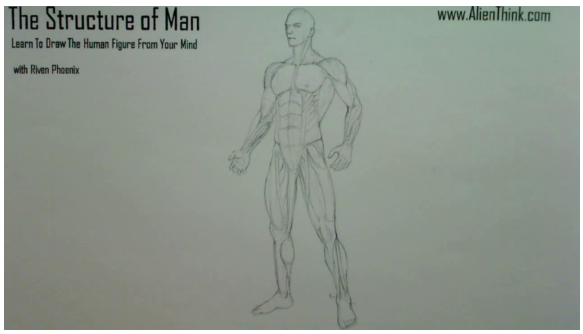
The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

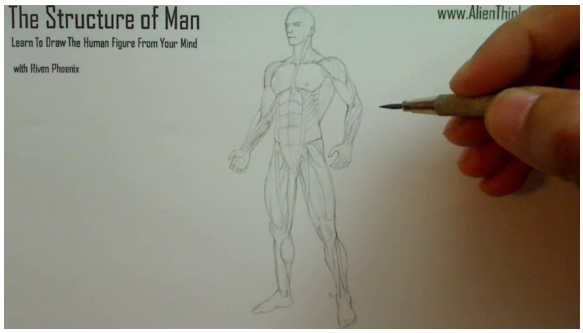
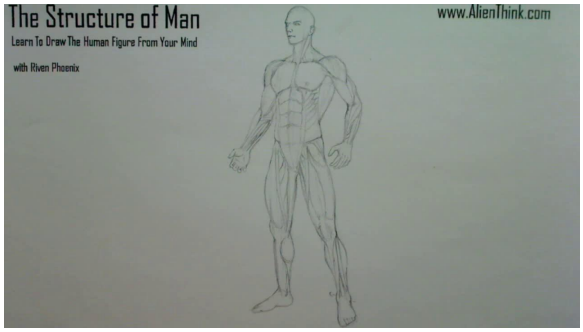
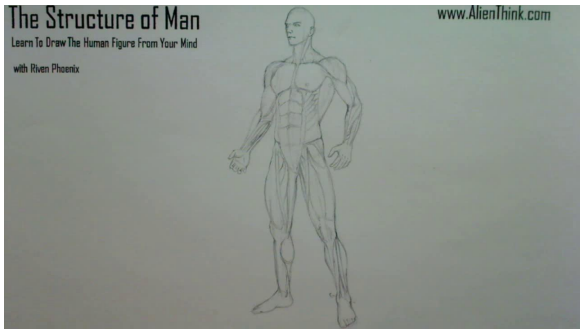
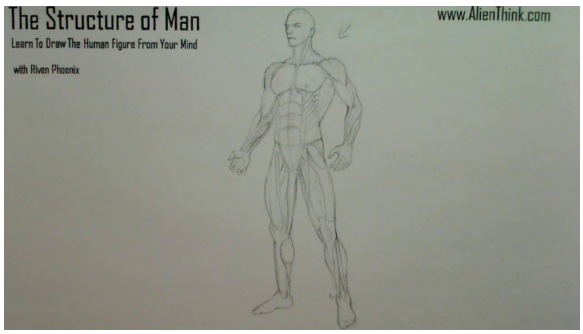
www.alienthink.com

Figure Drawing Lesson 189 - Conclusion of The Human Being - Part 4

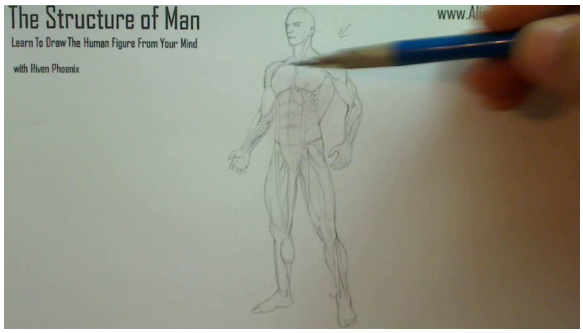
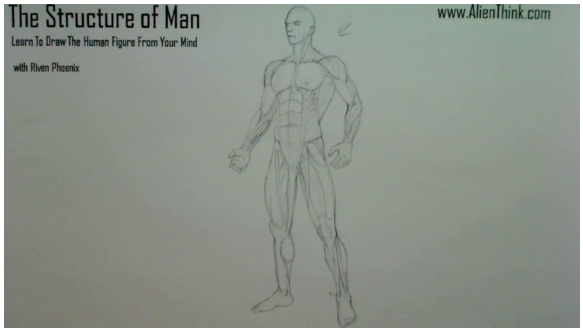
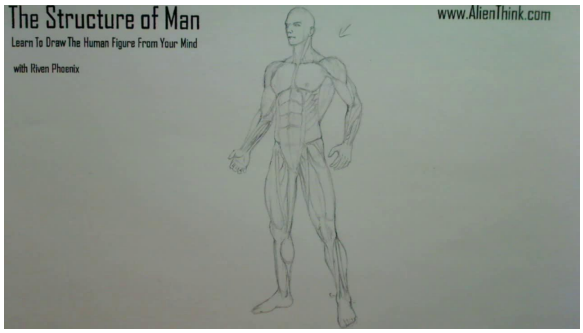
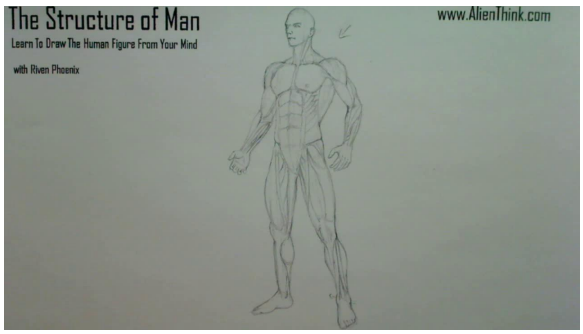
2026 Riven Phoenix and AlienThink.com

1		Hey guys, my name is Riven Phoenix and welcome to the structure of man learn to draw the human figure from your mind training course.
2		Okay, so this is going to be the final lesson in the figure drawing journey that we both began with lesson one.
3		And what's going to happen is what do you do beyond this is that I've included several other lessons that are separate from this so where we can look at different gesture drawing systems and being able to draw out the figures and being able to draw out the human head in much more of these realistic ideas and we're also going to look at proportions of the human figure and the female figure.
4		Right, so historically the female figure in figure drawing is really not looked at and you can see the proof of this actually in the anatomical books that are out there and the reason for this is structurally the the female and the male are exactly the same besides from the obvious facts and the only difference really is just going to come down to when you when you are drawing out the female figure.

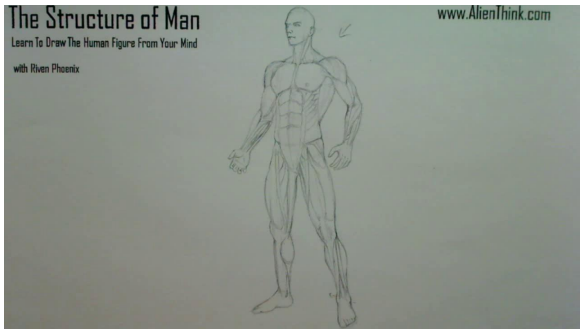
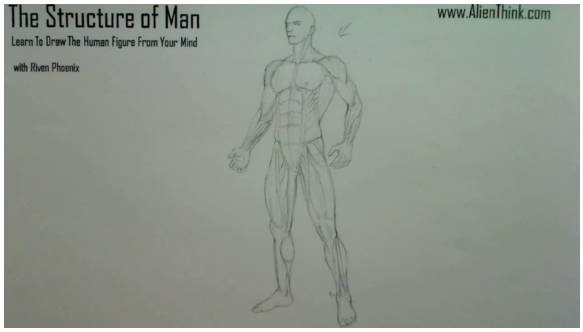
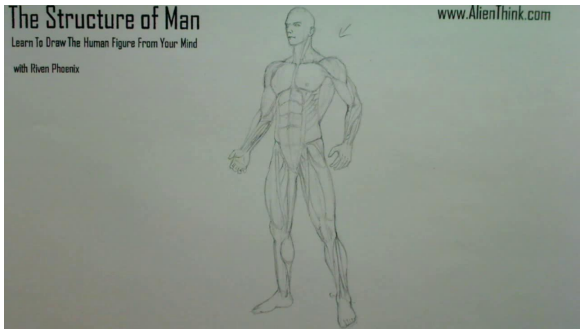
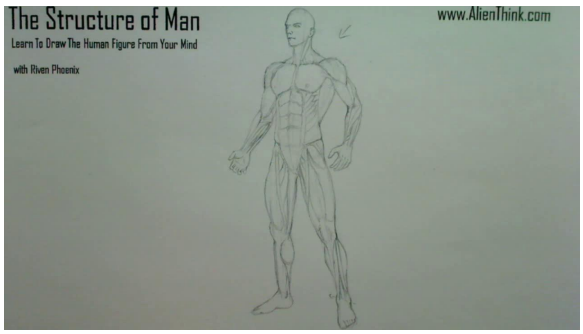
2026 Riven Phoenix and AlienThink.com

5		It's really just going to come down to much more different ratios and you really just don't show any muscles they're very easy to draw so we already looked at the differences in the human head of the female figure right so it's not going to be very difficult and I've also
6		had in part of this structure of my series there are going to be also some advanced lessons that you can also look at where we look at the surface anatomy in much more detail in figure drawing and this is where we will also look at how to render the female figure.
7		So in this final lesson we I think should be humbled by this experience and really truly understanding how incredible the human mind is right because the the proof of this is on paper right we've just achieved it.
8		So what the venture has been saying through his drawings right he never said this we are saying that this is what he's stating through his drawings that the power of the human mind and the power of invention will allow us to understand and comprehend the human figure and be able to give birth to this ability where we can draw out the figure completely from the mind in any pose in any way that we want right so if you think about it the enormous knowledge that we we

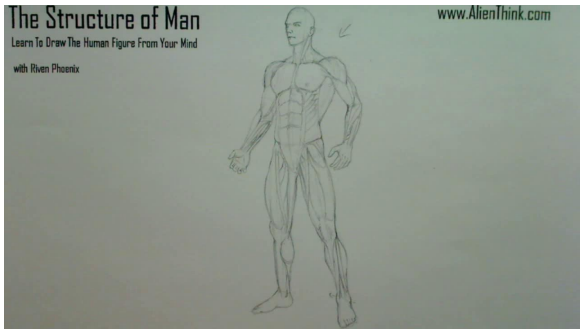
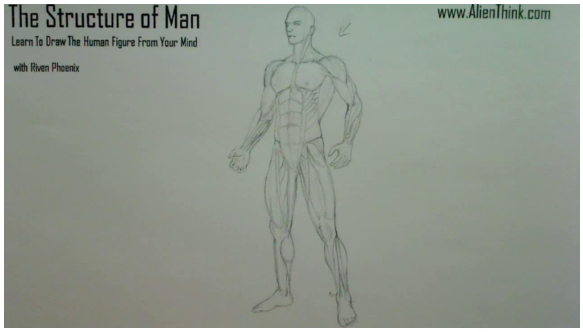
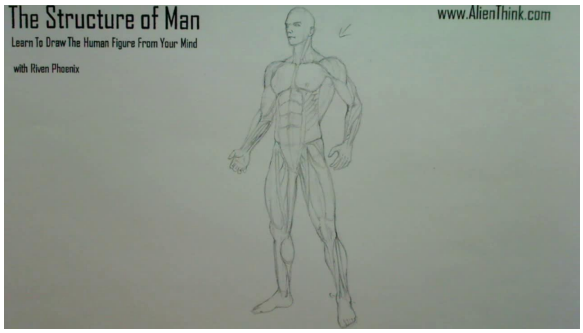
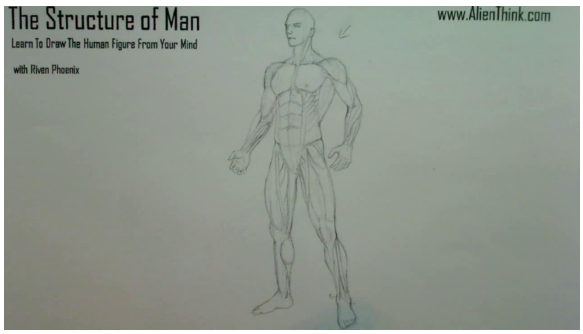
2026 Riven Phoenix and AlienThink.com

9		both went through in this process starting from the blueprint to be able to understand how to quit the entire skeleton structure to all the bones right it doesn't matter which pose you want to draw the human figure.
10		We can always accomplish it right and we also came up with the very powerful mannequin system that allows us to understand really how how how the mind works in several different ways right it's a very clever
11		system of thinking so what what is really the conclusion that we both experienced through these exercises what one obvious fact is that
12		is that is that what what the venture in Michelangelo or after that we've really proven it to be 100% correct that's like the first thing that we can point out right and the second thing is that we truly can understand the existence of this idea of free will right is really free will do we really have free will or do we

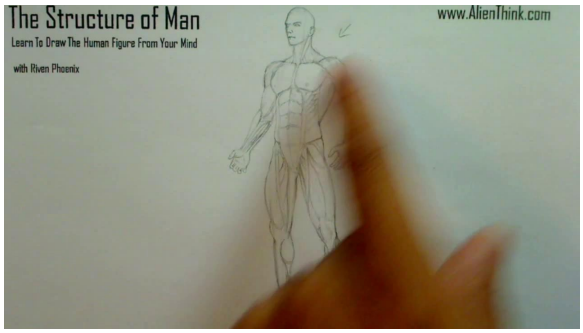
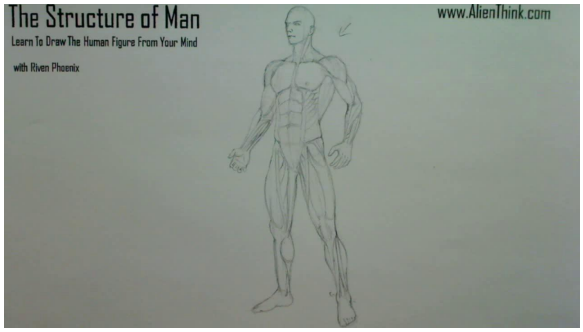
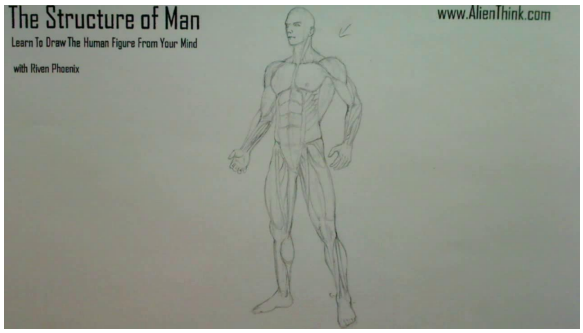
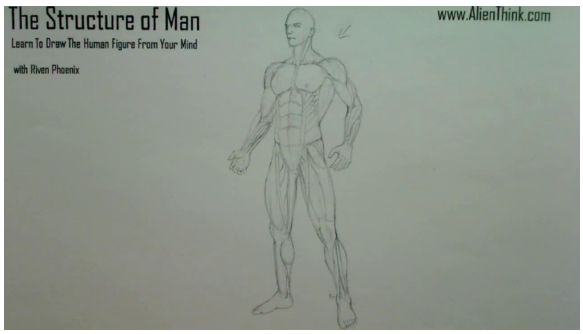
2026 Riven Phoenix and AlienThink.com

13		not have free will right so the proof is on paper that we obviously do have free will and then we can use it to dictate to the mind.
14		To us to how it will learn right so these ideas of procrastination and goal setting really to us don't mean much because it's really the idea that we
15		understand it from this point of view that we both went through is that we were very fascinated by that subject matter right those ideas of procrastination and goal setting do not relate to us because to us it is the
16		it is the fascination aspect of meeting a challenge right so a challenge for it is not a goal it's more about the incredible trying to understand what is truly the incredible power of the human mind

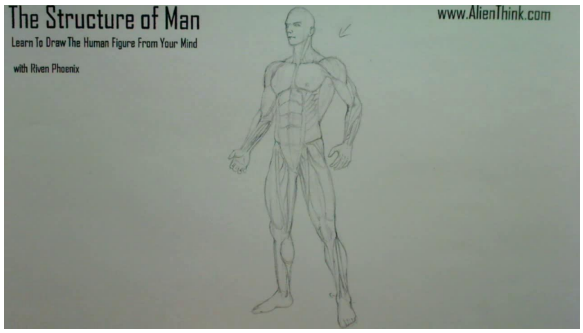
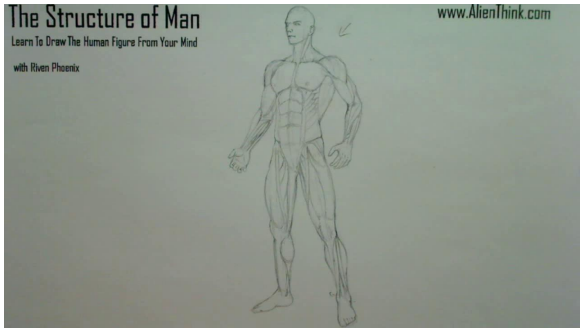
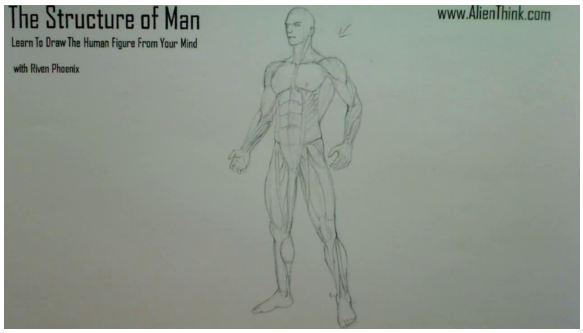
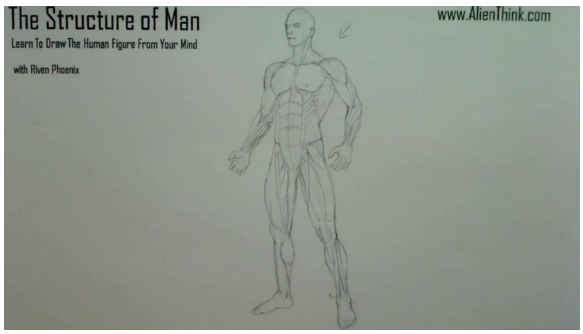
2026 Riven Phoenix and AlienThink.com

17		okay so the other thing that I do want to state is that everything that I've talked about in these videos you should understand that
18		everything is all about artistic thinking right all the ideas that we presented are nothing more than artistic thinking
19		they are never supposed to be religiously believed in because they really don't mean anything to us right because if you look at it
20		all it came down to were sentences that we put together interlocked them into the mind using a memory system basically a story that

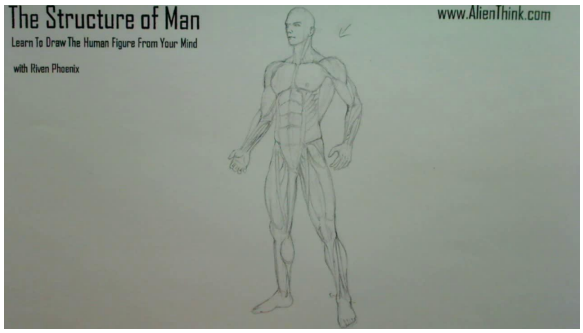
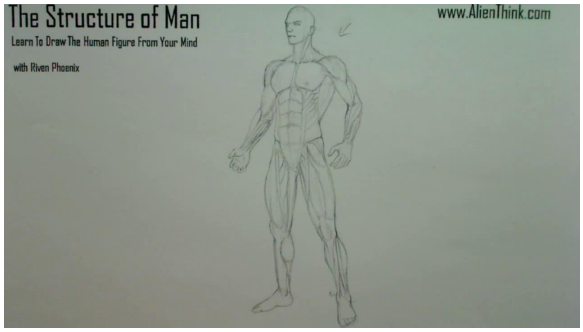
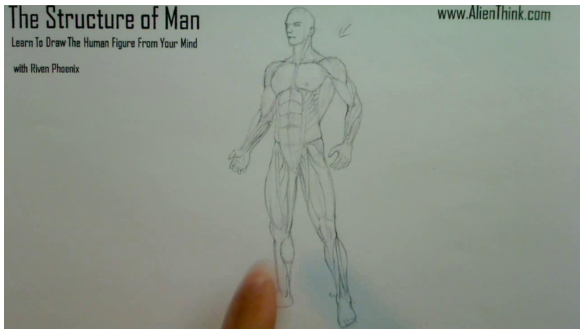
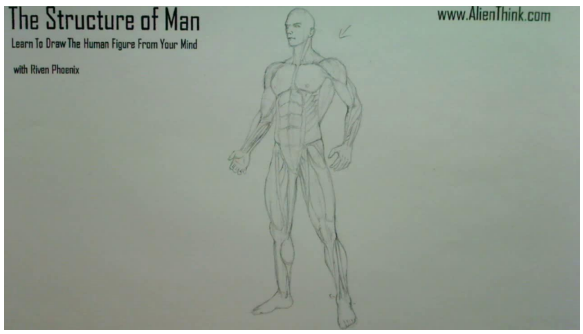
2026 Riven Phoenix and AlienThink.com

21		we could tell pointing any to any muscle in any skeleton bone and pointing to it and saying letting the mind understand that
22		right remember how we went through this really basically creating this a story board system for the mind so it would understand
23		to how to draw it right and this is the power of the of the memory management system which is called the peg system
24		right so here we could say if we had to look at this in in evening like this a holistic view we could say that okay you know what really the idea of free will

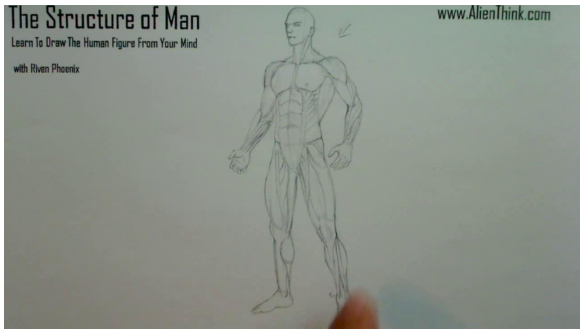
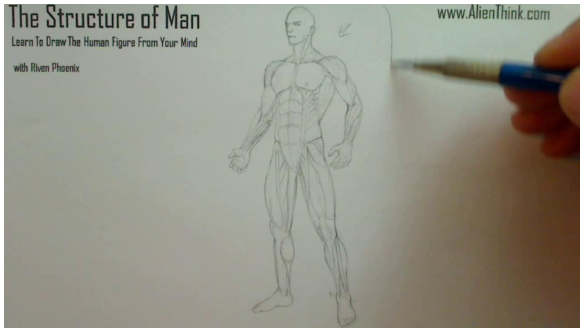
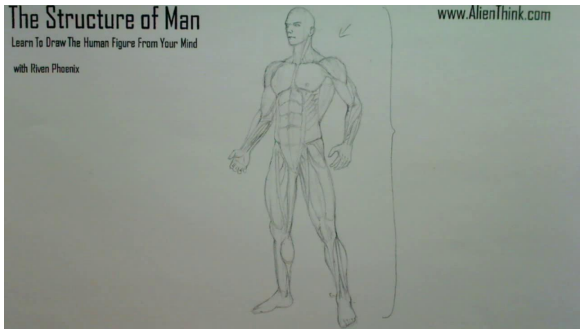
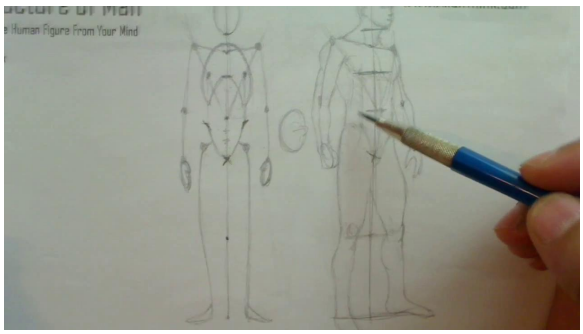
2026 Riven Phoenix and AlienThink.com

25		we could say here the free real really runs parallel with destiny right it's just running parallel with it
26		right so that's like a holistic way of looking at it if you wanted to understand it that way
27		okay so in closing I think what I just want to say congratulations to you in really sticking through this in
28		and you can see the difference between the first drawing and the second drawing that you the first drawing in the last

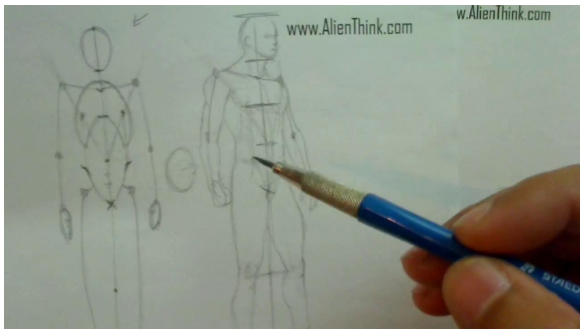
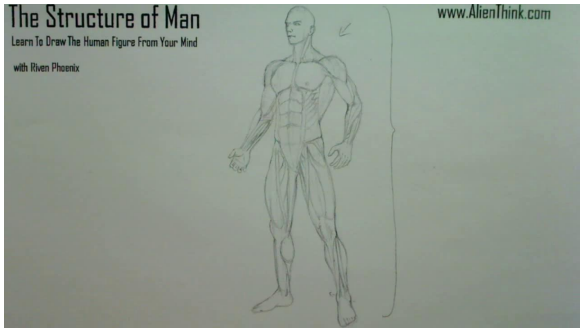
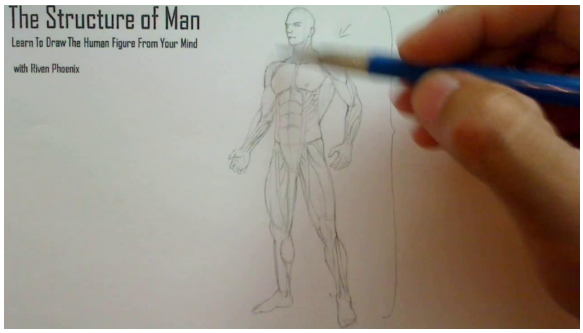
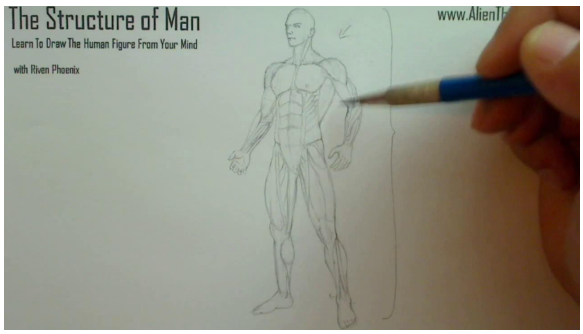
2026 Riven Phoenix and AlienThink.com

29		drawing that you did in your sketchbook and really keep these sketchbooks around because they're a really the
30		they're really considered these assets for us because the reminders of the journey that we took together right so if you
31		get fuzzy in any of these areas all you have to do is open your book look at it and your mind will automatically jump
32		to it and the thing about the numbering system right we really don't have to use it in the end because what will

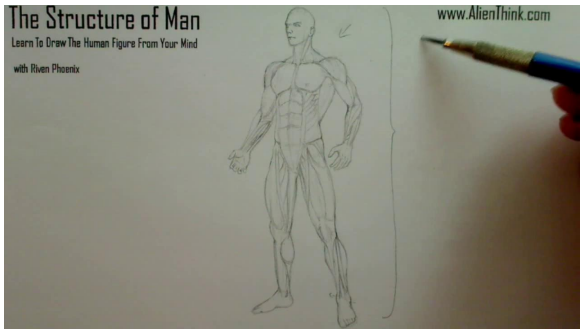
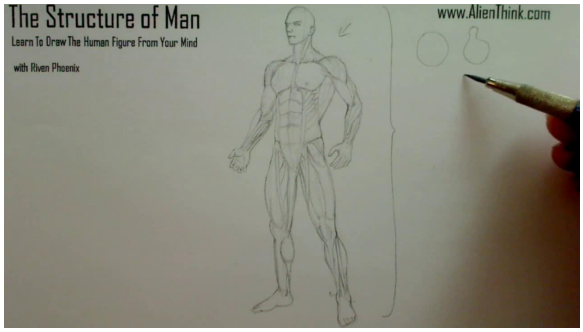
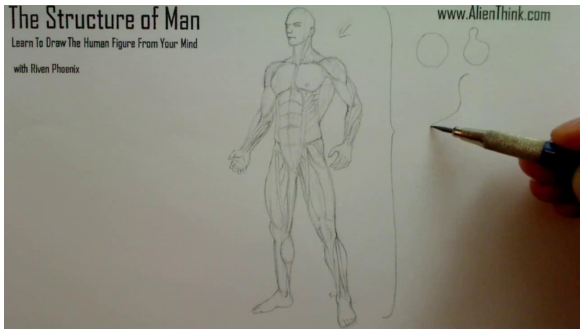
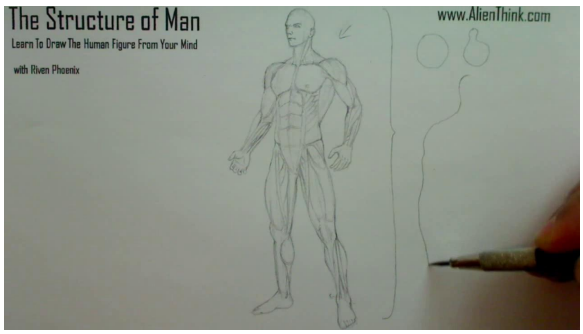
2026 Riven Phoenix and AlienThink.com

33		happen is you just know every muscle anyways right when you're drawing it out so here we can now just
34		close this up and say that okay we've now understood the the entire human figure right so
35		we can now compare this with our first drawing how we started out our journey and seeing that we will end
36		up here and this is exactly where we ended up not only that we ended up even even much higher in a

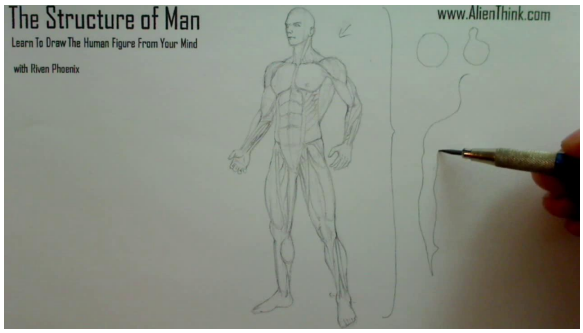
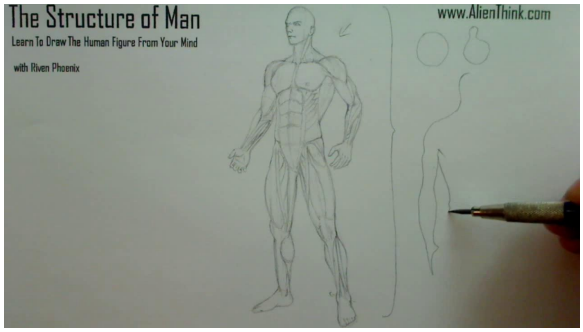
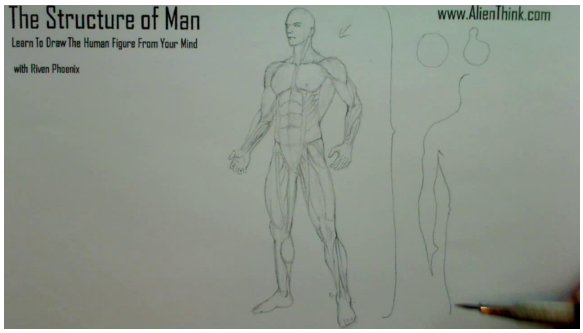
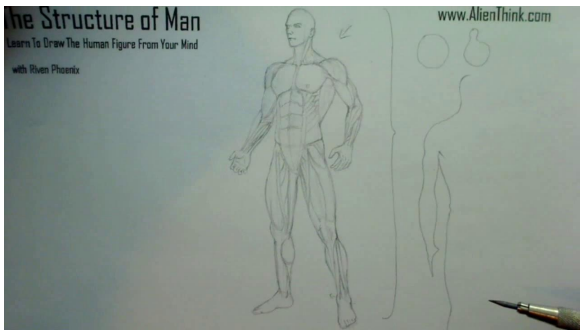
2026 Riven Phoenix and AlienThink.com

37		regional goal we set right so this is just a blob system and I've shown you all the different ways you can
38		render and of course you can look into the other courses as as to how to render right so the the most
39		important thing from this to understand is this is just a template system you can change around the
40		muscles do any type of character designs that you want to do right so in closing we're just going to look

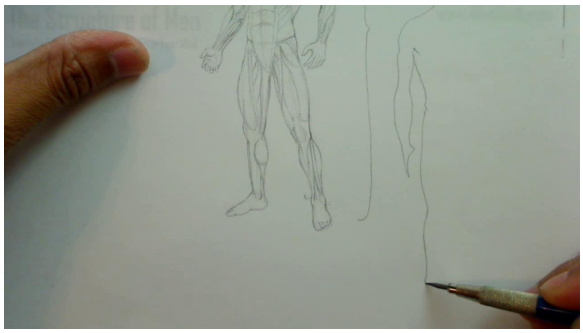
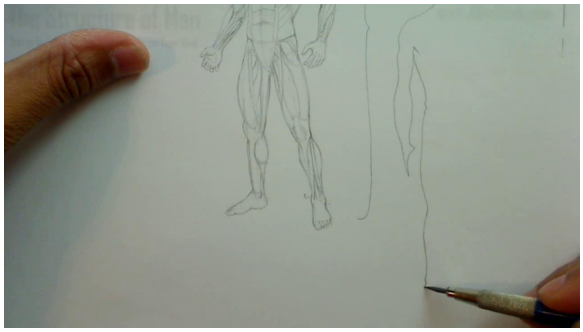
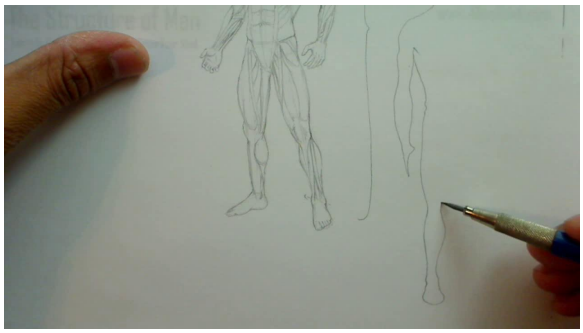
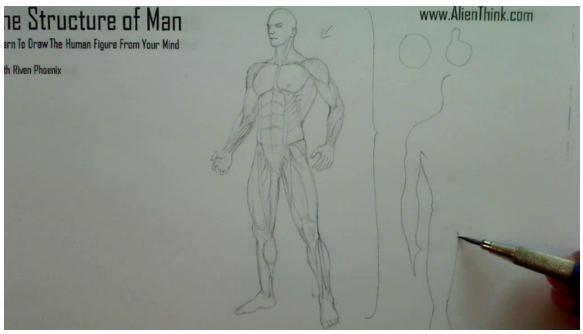
2026 Riven Phoenix and AlienThink.com

41		at the blob system and see if we really accomplished this goal or did we not right so here we're just going
42		to draw out basically the blob like this right I'm going to get the neck muscles here I'm just going to
43		get this I'm going to get the shoulder I'm going to get the tricep I'm going to get the forearm I'm
44		going to get the hand which is really understood as a blob I'm going to understand the forearm over here the

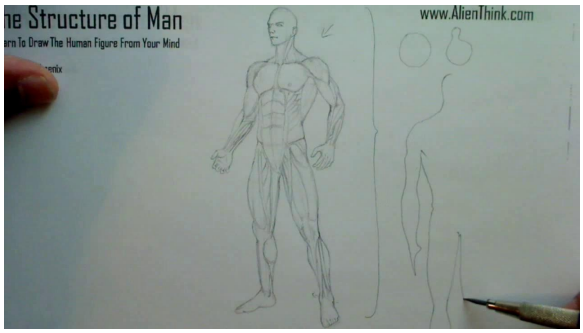
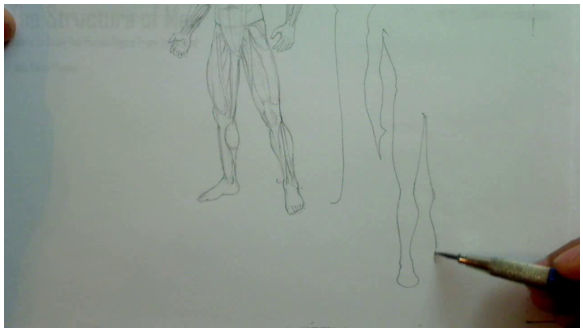
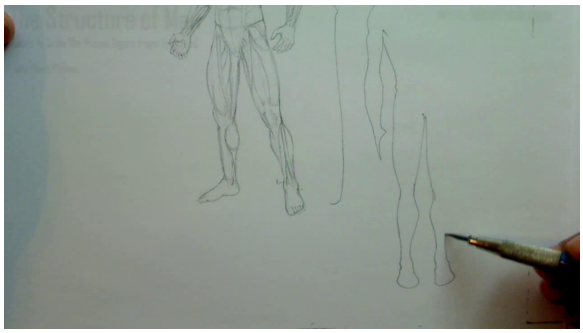
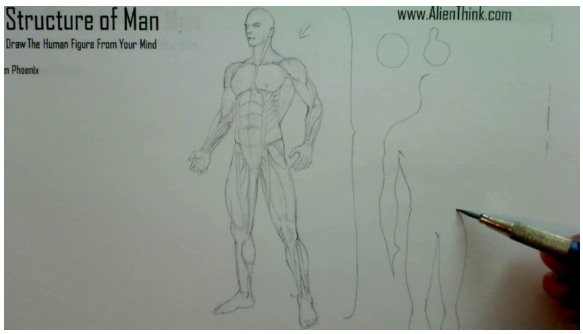
2026 Riven Phoenix and AlienThink.com

45		bicep over here the the pec muscles going to come the door side muscle is going to come in I'm going to get
46		that muscle and over here then this is just going to be muscle j going across it's going to come in it's
47		going to be the calf muscle over here right there I'm just going to show this to you I think I'm
48		going to go losing paper over here so this is just going to go down over here but notice that the

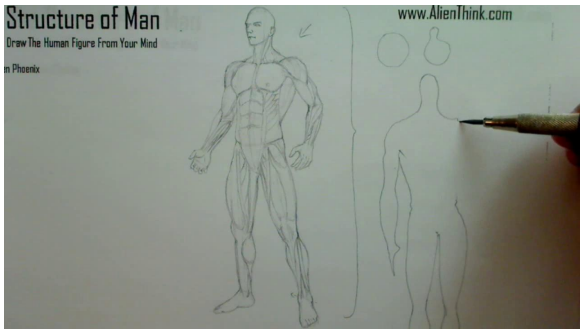
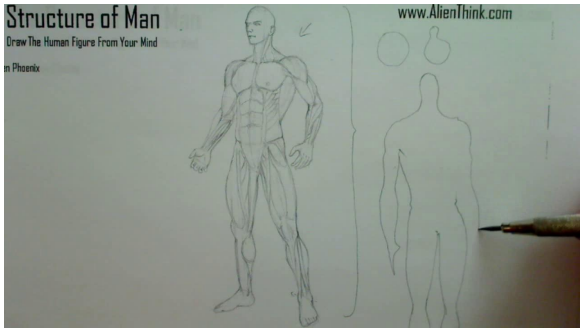
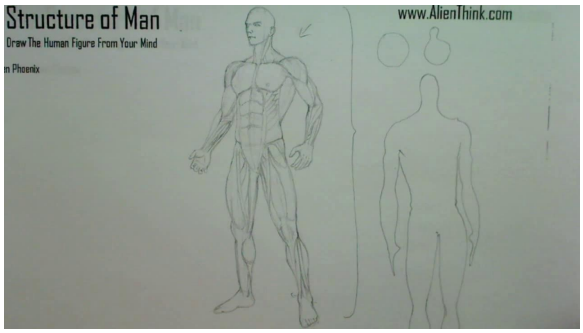
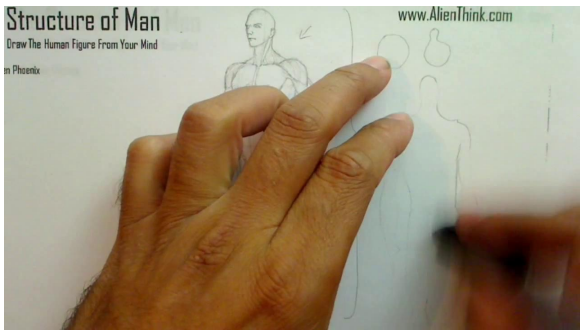
2026 Riven Phoenix and AlienThink.com

49		sentences that I'm speaking them very fast is because the mind understands it in that way right that
50		was the whole point of this that we proved this and this is just going to be the calf muscle going up
51		then I know I'm hitting that I muscle over here then we're going to get into the D system then
52		it's just going to be the crotch area over here and it's just going to go down again over here

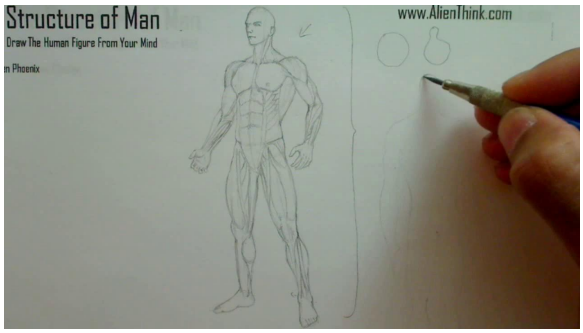
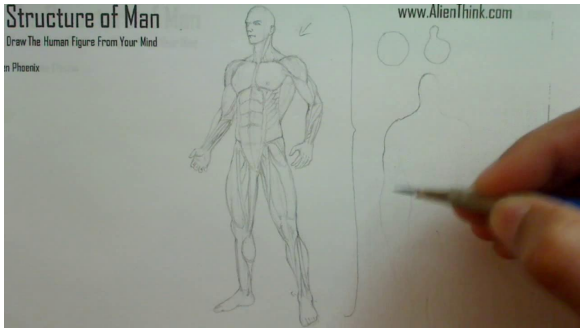
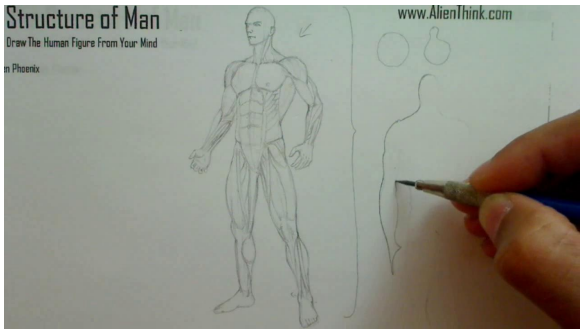
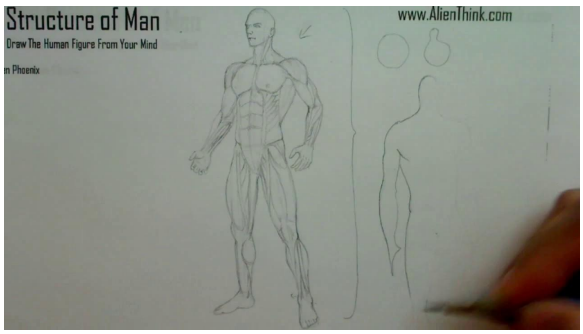
2026 Riven Phoenix and AlienThink.com

53		into the knee over here I'm going to get the calf muscles just going to come down I know that the
54		ankle is a little bit higher over here right just going to get these simple ideas over here
55		going to get the calf muscle again and here's just going to go back to j over here and I'm
56		going to get the love handles again right so over here I'm going to get the same exact thing just

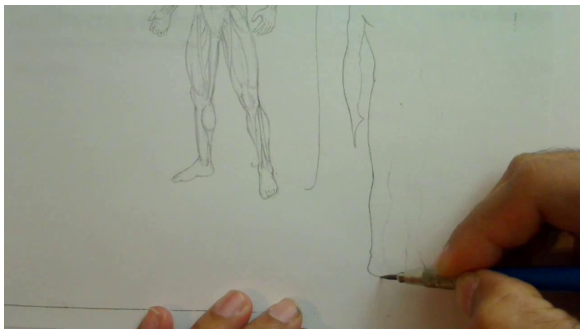
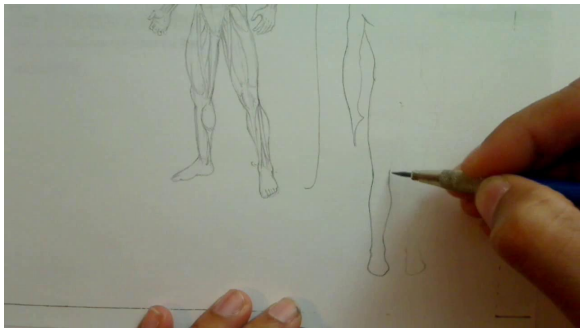
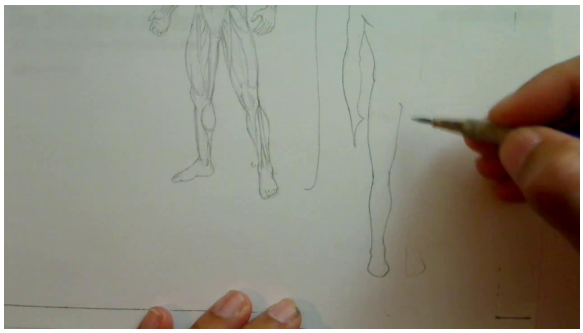
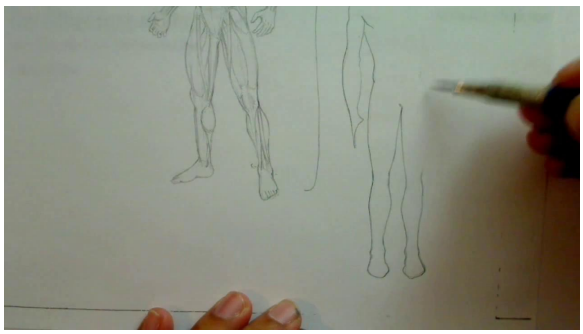
2026 Riven Phoenix and AlienThink.com

57		like this we're just going to draw it out again this doesn't have to be perfect it's about proving
58		to ourselves that we that we understood it over here right then here is just going to end
59		so once we have this idea right we can prove that this is definitely we have the information in the
60		hand in the head now right so all we have to do is now just erase this lightly and just draw it

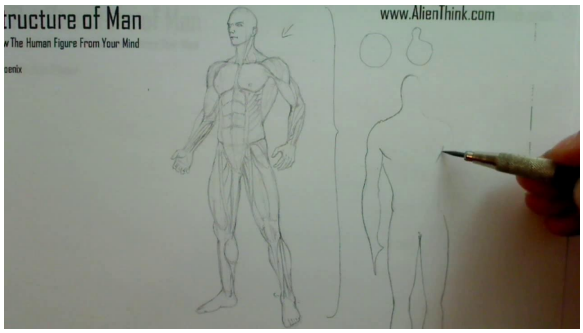
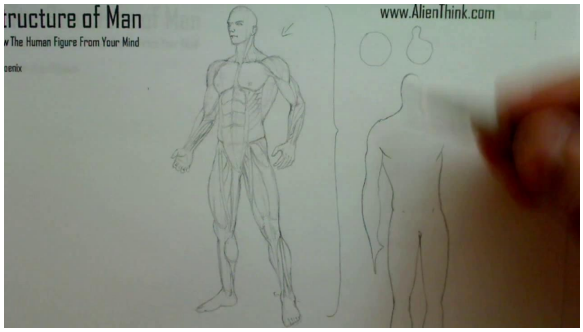
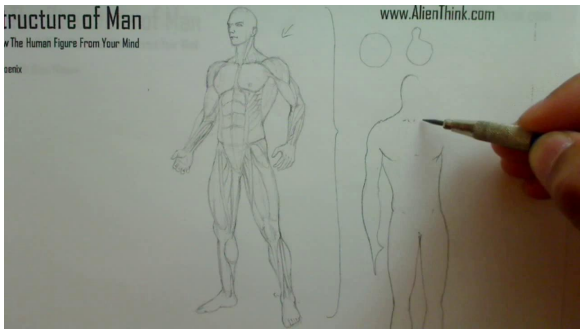
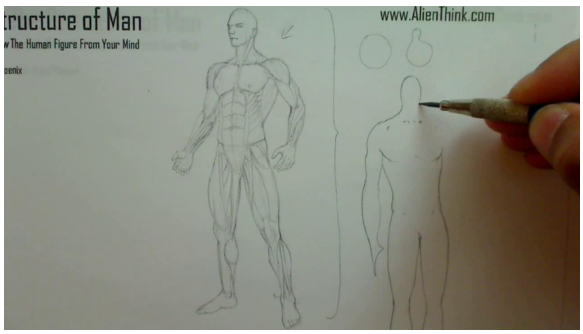
2026 Riven Phoenix and AlienThink.com

61		out correctly right because this is the drawing process and that is the other important
62		thing that we learned from this course right in this journey that we took is understanding how
63		do we draw right becoming comfortable with it with these ideas and then over here I'm just going
64		to fix this up real quick over here right and this is the fibula over here that we know

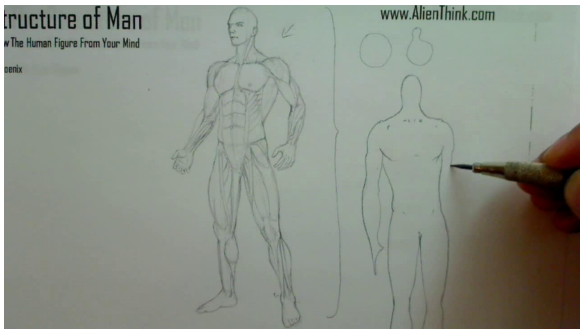
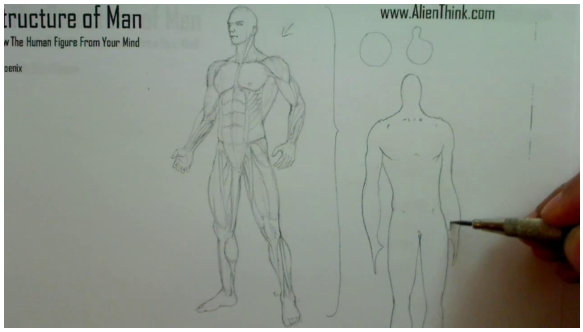
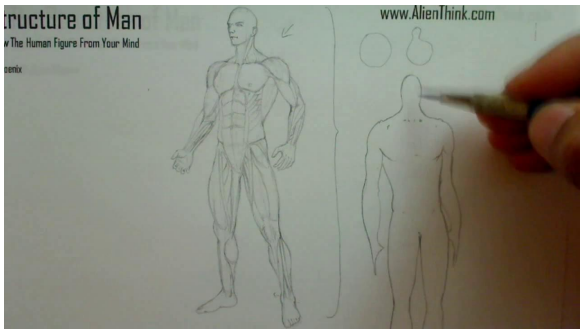
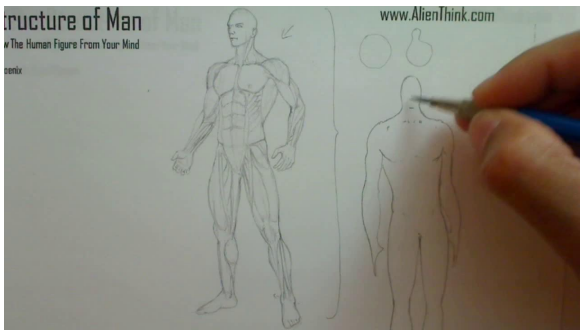
2026 Riven Phoenix and AlienThink.com

65		about the foot out works that we know that the TV is just going to be over here I'm just
66		going to come over here I'm just going to go and you're going to get there your further
67		crop and then over here I'm just going to come in like this
68		right I'm just going to see this guy come in here like so then over here again I don't

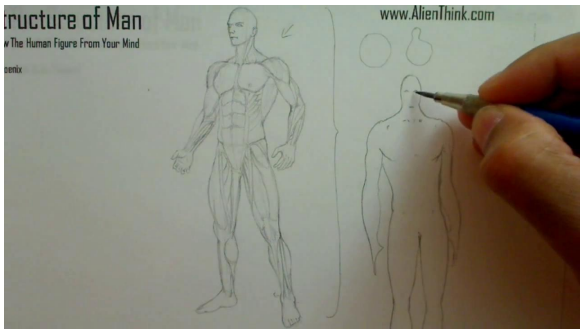
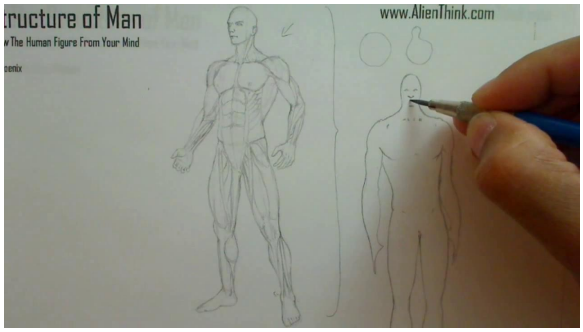
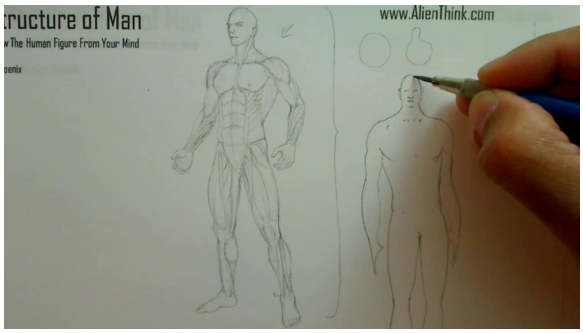
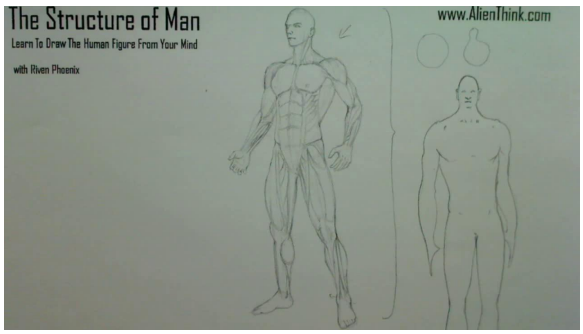
2026 Riven Phoenix and AlienThink.com

69		have to be schematic or anything you can just do this way that he's like bending down right
70		and this is just going to be very simple for us but we can just put all the areas in here
71		of surface anatomy knowing the key components of figure drawing right and this just
72		can come over here like this over here then we're just going to get the deltoid again

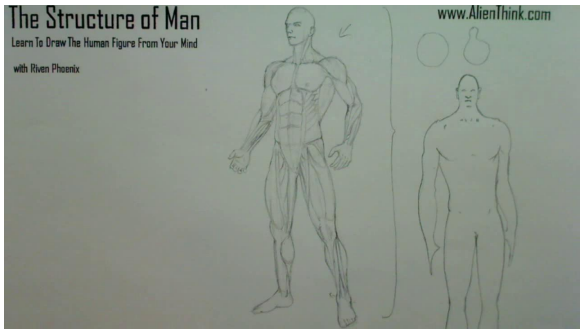
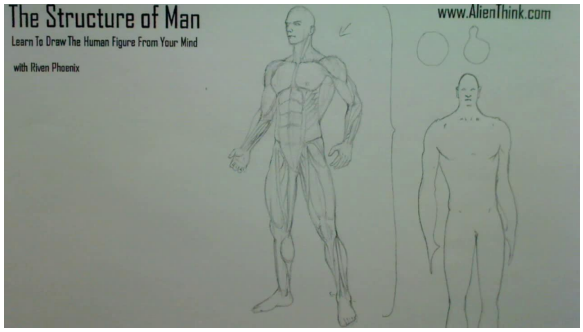
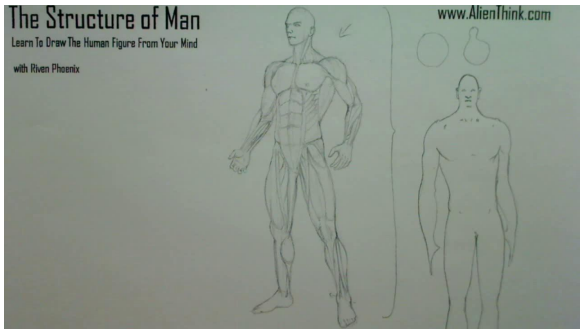
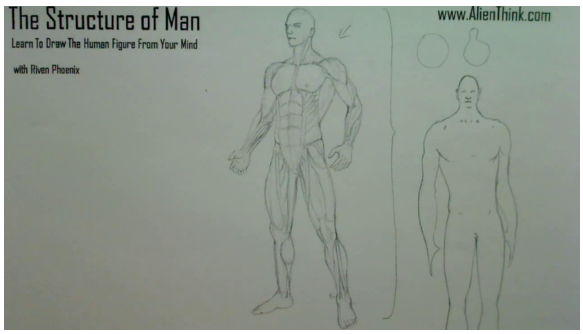
2026 Riven Phoenix and AlienThink.com

73		a little bit of that tricep over here then here we can just finish this off like this
74		like so right make it go a little more in the back right it doesn't matter right the
75		the point of this exercise again is that we're proving that inside the mind what's
76		happening is that it understands the concept of one blob

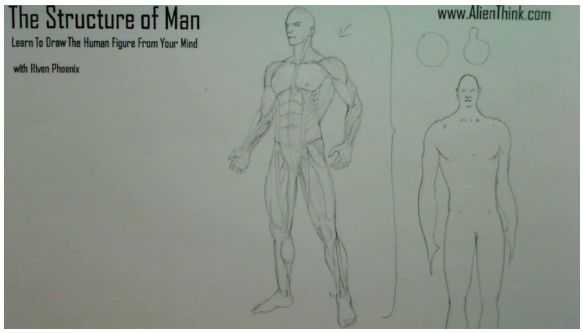
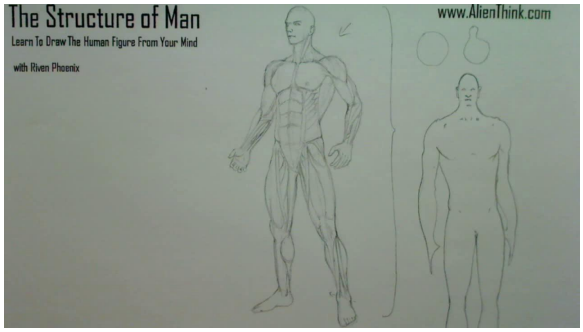
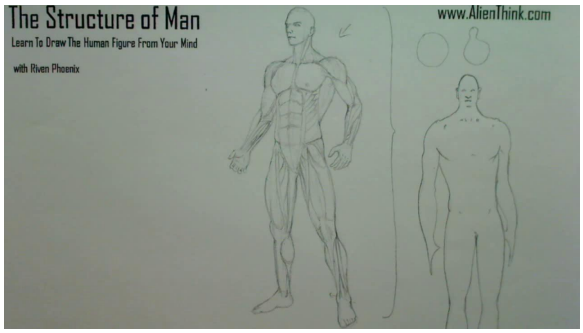
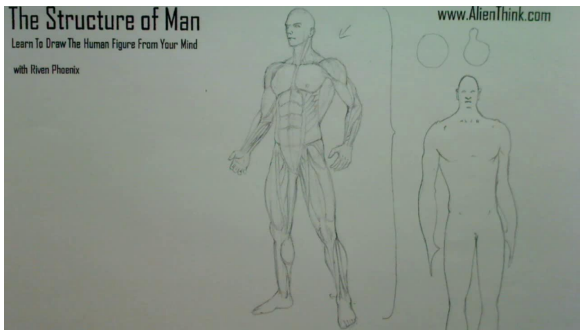
2026 Riven Phoenix and AlienThink.com

77		okay so here I'm just going to do the nose over here a little bit like this
78		and just going to do the mouth over here okay so I mean what I'm getting at here
79		in this entire series is that what we're proving is that how we truly I think
80		what's incredible about this is that how we this idea of free will and to be able to move

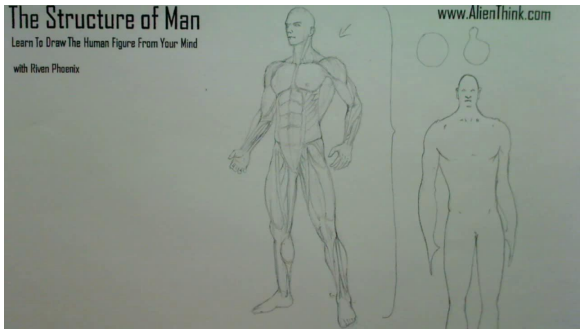
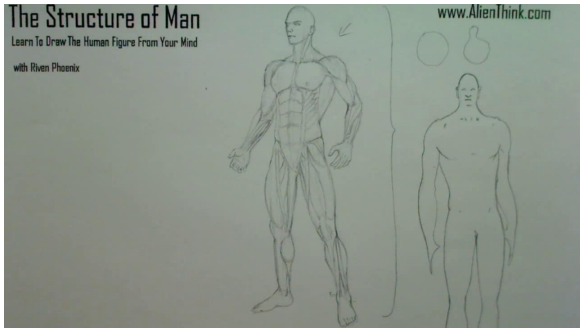
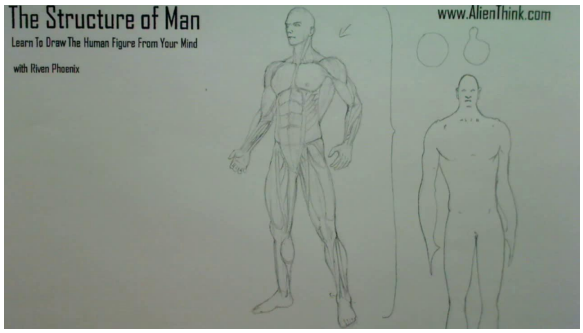
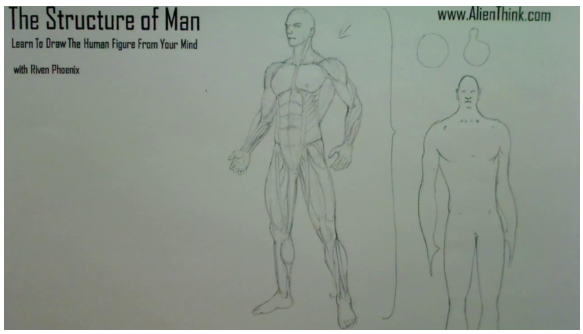
2026 Riven Phoenix and AlienThink.com

81		to be able to look back and understand that we have the ability to think and then we
82		can move those thoughts to force our mind to understand and educate itself I think
83		that's just incredible in itself and in the proof again it's just on paper
84		right so in closing here I just want to say that I truly appreciate that you

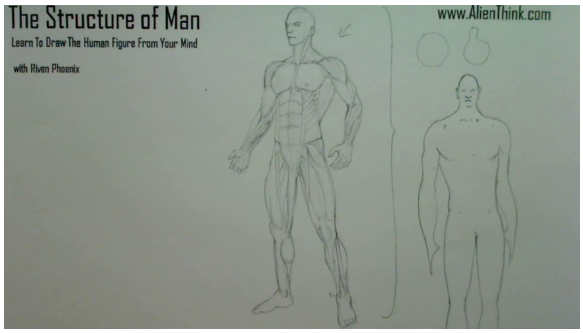
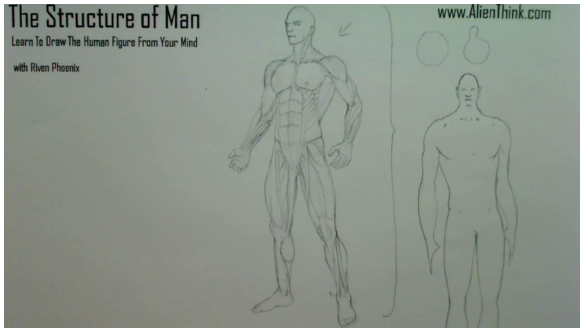
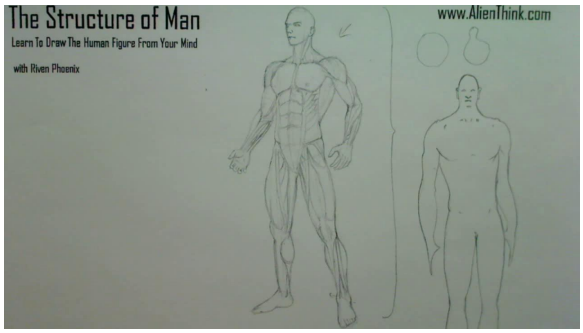
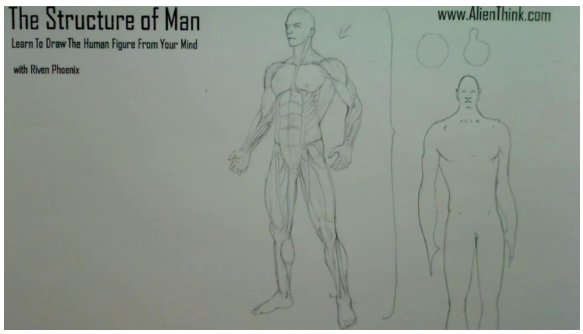
2026 Riven Phoenix and AlienThink.com

85		stuck with this course and really supported me throughout this course and I
86		truly wish the best for you the best success for you and I hope you get all
87		all your dreams come true so so in closing here I was just say that I really just
88		keep drawing and follow some of the additional lessons that I have included

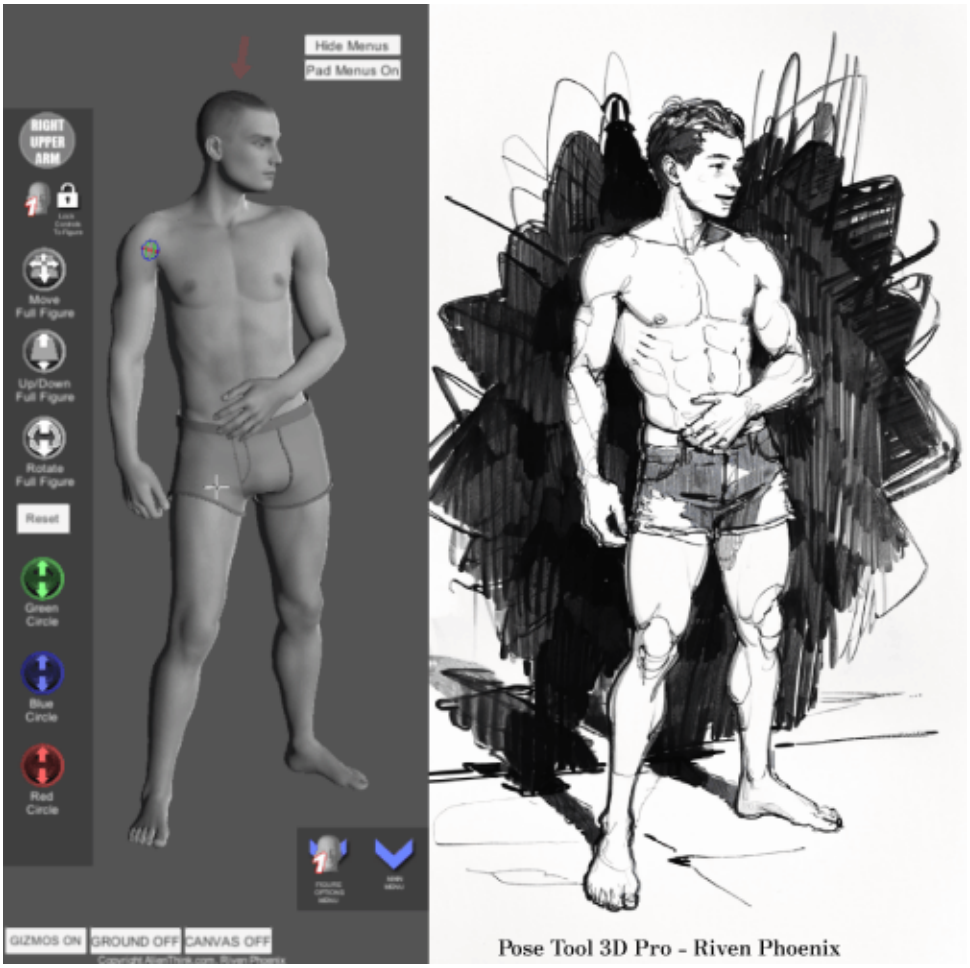
2026 Riven Phoenix and AlienThink.com

89		and I really don't know in the end that if I really ever did end up helping
90		anybody but the only way I will ever know is that if you send me an email about
91		it as to how did it work out for you right so I did this entire course really
92		auto frustration in my educational process that I wasn't getting the information

2026 Riven Phoenix and AlienThink.com

93		that I needed and I really felt strongly about this that I wanted to create the
94		structure of man so I could give access to whatever information that I could
95		offer to anyone who really was interested in learning about it so
96		so thank you for watching and bless you

2026 Riven Phoenix and AlienThink.com



www.alienthink.com/pose-tool-3d/

2026 Riven Phoenix and AlienThink.com